

Today I'm in control, not my addiction.

"you know me"



I'm a small business owner, respite care worker, and a survivor of substance abuse.

I struggled for years and didn't know I qualified for services. But treatment is available. I am proof that treatment works and recovery benefits our entire community. Today, I'm in control of my life, not my addiction.

Take the first step and find help.

The **TRUST**
The Alaska Mental Health
Trust Authority
www.mhtrust.org

Advisory Board on Alcoholism
and Drug Abuse



Alaska Mental Health Board

www.hss.state.ak.us/abada/
(888) 464-8920

Catelyn Schnell, owner of Catelyn's Place Day Spa and a respite worker for Alzheimer's Resources of Alaska.

September is National Recovery Month. For local info:
www.hss.state.ak.us/abada/abada_amhb/recovery